Health and Beauty

Have you tried on your bathing suit for the first time this season? If you have, chances are good, judging by the American average, you have decided something must be done about those extra pounds you put on during the winter.

You can look forward to enjoying your diet for it if you choose the right kind of diet. It need not be a lettuce-leaf and carrot-juice affair.

The best way to burn up fat is to step up your metabolism. The way to do that is to include lots of juicy steaks, thick lamb chops, and sizzling (lean meat) hamburgers in your diet. Other important items are fresh eggs, vegetables and fruits.

If you are on the right type of diet, the food you eat will provide the energy you need without adding more fat in the process.

Providing you are in good health, after a few days of a metabolism diet, you will feel better than you have for sometime.

Drink plenty of water between meals. Cut down on your salt intake if you use too much to season your food. This is important because salt tends to cause your tissues to take on added water. Take your vitamin pills if you think it necessary.

Use a non-caloric sweetener in your morning coffee and in cooking. Skim milk or buttermilk (without butter globs) can be a big help. Eat only a very small amount of fat of any kind, including butter. Fat has more concentrated calories than any other food.

Take a healthful amount of exercise. Concentrate on your bad features, such as large hips or legs.

About The Home

One of the most important functions of a home is to turn out happy, well-adjusted children, who will in turn make a home of their own. Any parent who wants to prepare a son or daughter for success in the world and success as a husband or wife might well concentrate on these measures.

1. Set a good example for your children to follow. Let them see the happy behavior of their own father and mother.

2. Let the children take an active and important part in the work of their own home, from early childhood onward. A young child will take a great deal of pride in doing even the simplest chore. It will give him a feeling of importance and help him to develop a sense of responsibility. Do not expect too much of your children, for this will make them nervous.

3. Make sure you are giving your children a sound and accurate attitude toward sex from infancy onward.

4. As they grow into adolescence, make every effort to see that they have friends of both sexes and plenty of opportunity to meet with these friends informally, to work together as well as play together. Let them feel free to invite their friends into their home.

5. Have some form of entertainment that all the members of the family can join in. Music is a perfect topic of mutual enjoyment. Always include the children in on vacations. A family vacation to the beach or mountains once a year will add to the enjoyment of all.

6. Be understanding. Be fair and always consistent. Children understand this type of treatment. When it is necessary to punish them, make sure they understand that the punishment is fair.

EGG-EATING HABIT COSTLY IN FLOCK

Hens not only lay eggs .. they sometimes like to eat them.

Denver D. Bragg, poultry specialist at VPI, says the trouble may start when eggs are accidentally broken in open nests, or one or more hens may deliberately break an egg to eat it. Once the trouble begins it may be hard to stop. The best preventative is to have enough nests (1 to every 4 birds) and partially darkened nests which contain plenty of good, clean nesting material.

It is also often desirable to try to pick out and remove from the flock the few birds that are deliberately breaking sound-shelled eggs. Try to see that the hens produce eggs with sound shells, since almost any chicken will eat an egg once it is broken. Soft - shelled eggs are usually result of too little calcium or vitamin D in the ration. They can also be caused by abnormal conditions of the shell-secreting part of the oviduct, by bronchitis, and Newcastle disease, and to some extent by age. Hens that have been laying 8 to 12 months often lay eggs with much thinner shells than they did when they first started producing.

Feeding a well - balanced ration with plenty of vitamin D and calcium, and oyster shell free-choice, as well as keeping younger layers, may help reduce or get rid of the egg-eating habit. Also provide plenty of floor space, feed a little grain in the litter to help keep the birds busy scratching, and feed small amounts of good alfalfa hay or some other green feed.

In Fashion Now

The teen-ager is very fashion-conscious. At this tender age it is important for growing girls to have the right kind of clothes. This doesn't mean expensive clothes or clothes that are correct in the eyes of their parents. It means clothes like those the rest of the "crowd" wears.

Fortunately, designers have begun thinking about our teen-agers. Consequently, their clothes are a far cry from the sloppy sweaters and the dirty saddle shoes that were a "must" twelve years ago.

The big favorite for school wear remains a sweater and skirt, but they are becoming neat and stylish and designed to look good.

The choice of evening dresses and "dress-up" clothes is varied. The main fight most mothers have is to keep their daughters from wearing clothts too old for them.

Brassieres and panty-girdles with the youthful figure in mind are made by almost all of the foundation companies.

Even costume jewelry scaled for young girls can be found.

Evergreen

Evergreen, March 22.- A number from here attended the Association Brotherhood meeting at Liberty Baptist Church Monday night.

Mrs. Katie Allen has returned home from the hospital, much improved. Hope she will soon be out.

Sympathy is extended to Mr. Floyd Austin in the death of his brother.

Mrs. R. J. Paulette was luncheon guest of Mrs. Ryland Staples and children Sunday.

Mrs. Clara Garrett has returned home after spending several months with her sister, Mrs. Alice Jackson in Richmond.

Mr. and Mrs. E. W. Paulette and family were luncheon guests of Mr. and Mrs. C. C. Harvey.

Mr. and Mrs. M. N. Crews, of Nathalie visited Mr. and Mrs. W. C. Paulette and family last week.

Week-end guests of Mr. and Mrs. G. W. Glover were Mr. and Mrs. J. L. Griffith, of Richmond, Mr. and Mrs. S. D. Thompson and Mr. and Mrs. Howard Glover, of Lynchburg.

Mrs. C. J. Paulette and Mrs. Nellie Paulette and daughter, Abby visited Mr. and Mrs. Sam Ben Ferguson Sunday P. M.

Mrs. Margart Lonas, of Manassas, Va. was the week-end guest of Mr. and Mrs. Z. E. Cheatham.

The week-end guests of Mrs. Stewart Paulette were Mr. and Mrs. Rufus Murray, Mrs. Horace Traylor, Mrs. Floyd Mullikin, and three children, of Richmond.

Mr. and Mrs. Percy Thomas, of Lynchburg spent the week-end in the home of Mr. and Mrs. David I. Garrett and family.

Mr. and Mrs. Paul Cawthorn and Mrs. Rachel Cawthorn, of Appomattox, Mr. and Mrs. Lloyd Richardson and son, Ronnie, of Pamplin and Mr. and Mrs. H. D. Baker visited Mr. and Mrs. Z. V. Harvey on Sunday.

Mr. and Mrs. S. J. Evans visited Mr. and Mrs. W. E. Warriner Sunday.

A numebr of school children around here have chicken pox.

Mrs. Cassie Taylor, who has been spending some time with her daughter, Mrs. Stewart Paulette, returned to Richmond Sunday.

Glad to see Mr. J. A. Young out again, after being in for some time.

Mother Saves Son

Monroe, Mich.- Minutes after she stepped out of her laundryroom, Mrs. J. D. Thompson heard loud noises and cries for help. Rushing back, she found her five-year-old son, Richard, spinning around in the automatic washer.

"His head was banging against one side and then the other," Mrs. Thompson said after rescuing him.

Richard had climbed on a cabinet beside the machine and then had fallen in.

Takes A Stroll

Cleveland, Tenn.- Local police picked up Kenneth Roberts, clad only in a hospital nightgown, walking along a road. Roberts said he had complained to a nurse that he was too warm and she had told him to take a walk.

Vera

Vera, March 21.- "Therefore thou art inexcusable, O man, whosoever thou art that judgest; for where in thou judgest another thou condemnest thyself, for thou that judgest doeth the same things."—Romans 2:1.

March has certainly given us more snow than we have had for a long time.

Mr. Leslie Coleman visited in the home of Mr. and Mrs. T. C. Harvey Tuesday.

Miss Harriette Harvey visited in the home of Mr. and Mrs. Dick Webb Tuesday night.

Mrs. T. C. Harvey visited in the home of Mrs. Willie Moses Thursday.

Mr. T. C. Harvey and Harriette visited in the home of Mrs. Janie Chernault on Monday night.

Mr. and Mrs. Richard Carson visited in the home of Mr. and Mrs. T. C. Harvey on Sunday. Mr. Jimmie Harvey visited in this home on Saturday.

Mrs. T. C. Harvey and Harriette visited in the home of Mr. and Mrs. Percy Garrett on Sunday.

Mrs. Wilson Scruggs visited her mother in Richmond on Sunday.

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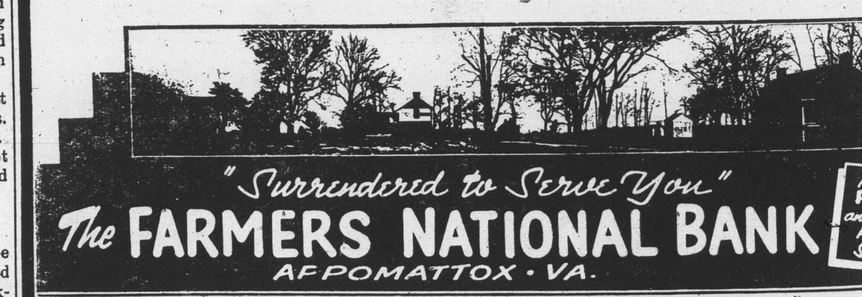

Wisdom of the Ages

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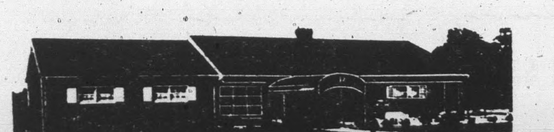

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...cco growers are given advance notice by the Agricultural ...ation and Conservation (A... ...ffice of conditions affecting ...rvesting of tobacco from ...beds.

Chairman C. D. Lewis in ...ttox County said that there ...een instances where Burley ... growers thinned out plant ...nd harvested a small acre... ...tobacco from such plant ...e explained that harvesting ... from a plant bed is the ...e planting an extra field of ... unless the plant bed is in... ...in the measured acreage by ...orter at the time he meas... ...e tobacco crop. ...obacco is harvested from plant beds and such acreage was not included as part of the tobacco acreage on the farm by the reporter, it will be considered to be a false acreage report and the allotment next established for the farm will be reduced, Mr. Lewis further explained.

He strongly pointed out to Burley growers who plan to harvest tobacco acreage from plant beds that it is their responsibility to report such acreage at the time other tobacco fields are measured so that the reporter may include the plant bed acreage in his report of measured acreage.

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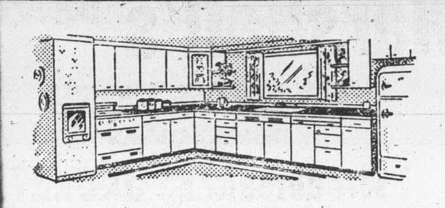

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Bible Material: Acts 28:16-31; Philippians 1:12-13; Colossians 4:3-4.
Devotional Reading: Philippians 1:12-21.

Door For The World

Lesson for March 27, 1960

ADS ON billboards, in buses, in newspapers, tell us to Go to Church. A fleet of taxicabs will, if paid enough, carry posters telling the world that "The family that prays together, stays together." Some of this advice must be taken, to judge from the crowds one sees coming out of churches of all kinds. Our country may not be a maturely Christian country, but at least the church is respectable, and popular besides.

Dr. Foreman

This is not true all over the world. There are more places where this is not true, than where it is true. In East Germany today a boy or girl comes near losing all chance of a job if he or she does not leave the church and join the youth organization sponsored by the Party. In Japan, India, and other countries, to be a Christian is to be thought of as unpatriotic.

We Have Always Had Rivals

America is one of the few places now where Christianity is both popular and respectable. These other places where it is not are more like the situation when the Christian faith was new. Many American Christians have the curious idea that if the going is rough we should not send missionaries; that if there are lots of religions in a country like India, for instance, we should not upset their theological apple-cart and confuse them with a new religion. The real New Testament Christians would have thought such notions rather ridiculous. It cannot be said too often: The Christian religion did not get its start in a religious vacuum. Everybody had religion—of some kind. Only, most of the kinds were bad, and the good kinds were not good enough. Christians did not propose to merge with other religions, they urged men to "turn from dead idols to the [not "a"] Living God." The "Gospel train" has never tied in with any other.

A Door for the Word

Christianity, in other words, is exclusive. But it had amazing success in that world so crowded with religions. And this was because Christians like Paul never failed to take advantage of any door for the Word that stood open. Paul, while a prisoner at Rome, had what most modern preachers would consider a bad situation. He was drawing no salary, he "had no church" as the saying is, he could not look forward to promotion, he could not do any organizing, his only "parish" was a jail and jails don't offer much in the way of a future. And what a congregation! Criminals and prison guards—not much hope there. Yet Paul could write to his friends at Colossae about a "door for the word." He did not expect a door for himself, but he did pray for one for the Word of God.

His prayer was answered, too. One of the doors for the Word was the conversion of a runaway slave called Onesimus. Through this man the religion of Jesus spread where Paul himself could not go. Then at the end of Paul's letter to the Philippians, written from a Roman prison, he speaks of the "saints in Caesar's household,"—palace servants no doubt. Paul would never have been invited to the royal palace; but these humble Christian men and women, whom Paul had probably converted in prison, since he had no chance to go anywhere else—these would take the Word where Paul could not hope to go.

And If No Door?

There must have been times when even for the Word there was no door that Paul could find. So it is in many parts of the world today. Nobody is expecting any great outbreak of Christianity in East Germany or Japan or Yemen or some places on the Amazon. When all doors are closed, as they are now in China, what do we do next? Do we write off missions as a lost cause? Paul did not. He wrote to his friends at Colossae to pray that God would open to him a door for the Word. You do not pray for what you already have. So now, when doors are shutting in many lands, we are poor Christians if we just accept this as final. For Japan, for Russia, Abyssinia — yes for Suburbia, that often pagan land, we must pray for the open door.

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U. S. A. Released by Community Press Service.)

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Teacher Gets Apples

New Hyde Park, N. Y.- Even at her wedding, Florence Ann Mostler, a kindergarten teacher, got apples from her students. More than 20 boys and girls attended her marriage to Patrick Garmarossa. Each gave her an apple.

Crowded

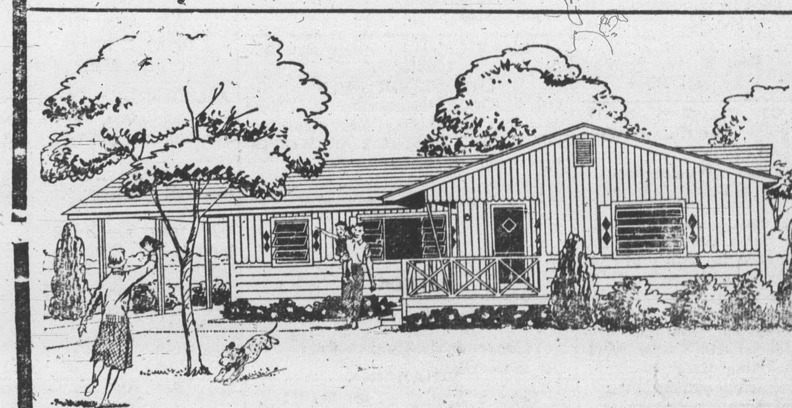
Milwaukee.- Police arrested Miss Kathleen Krast, of Milwaukee, on a charge of reckless driving after they found her and 13 passengers, all small boys, riding in her car.

Read the Classified Ads!

Some people will not know what hit them if another depression comes along.

The world would be much happier if men had the same capacity to be silent that they have to speak. —Baruch Spinoza.

STOP! DON'T WASTE ANOTHER CENT ON RENT! OWN YOUR HOME



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